



WINGS SPREAD

'Excellent' results!

Wing earns high AETC inspection marks

By Michael Briggs
12th Flying Training Wing Public Affairs

"Excellent" was the dominant word of the day Tuesday morning when the Air Education and Training Command Inspector General team concluded its 10-day operational readiness inspection of the 12th Flying Training Wing.

The wing, its subordinate operations, support and medical groups, and its maintenance directorate received overall "excellent" ratings from the 120-member team that looked at all facets of operations from Sept. 11 to Tuesday.

The IG team provided the results during a one-hour briefing in the base theater where a raucous, standing-room-only crowd of about 800 greeted the news with cheers, air horns, sirens and flashing lights.

Before his briefing team publicly released the wing's ratings, Col. Bill Becker, AETC inspector general, told the audience the work they do as the host unit here is noticed by the members of the team, most of whom work at Randolph in the AETC headquarters area on the south side of the base.

"We all live here, so from everybody on the inspection team, we really appreciate what you do on a daily basis," Colonel Becker said. "We don't come here to give you a 'gimme.' Your hard work makes these scores happen. It doesn't happen to everybody."

This year's results match the "excellent" rating the wing received during its past three ORIs in 1998, 2000 and 2003. The IG uses a five-tier rating scale of unsatisfactory, marginal, satisfactory, excellent and outstanding to score inspections. Units usually receive an ORI about every two years.

"I asked you a long time ago to start preparing for this (ORI) and to do it in a calm and reasonable way," said Col. John Hesterman, wing commander, when he addressed the theater crowd at the conclusion of Tuesday's briefing. "You did exactly what I asked. You never forgot about getting our mission done or about taking care of each other ... and at the end of the day you



Navy Cmdr. Tim Duening (center), 562nd Flying Training Squadron commander, and Lt. Col. Brent Bigger, 562nd FTS operations officer, applaud the rating their unit received during the Air Education and Training Command operational readiness inspection outbrief Tuesday in the theater while other members of the squadron show their Gator pride. (Photo by Steve White)

exceeded, in a big way, very high expectations. You are truly awesome!"

To reward the members of the wing for their performance, the commander declared today a day off for military members and gave eligible civilian employees an eight-hour time-off award. Commanders and supervisors should make arrangements for members of the wing who can't take the day off today to take a day off in the future, Col. Hesterman said.

Maj. Gen. Buster Ellis, the 19th Air Force commander who oversees all

flying training operations for AETC including Randolph's, was also in attendance at the theater briefing and told those present he had never seen such exemplary ORI results.

"What an absolutely amazing performance on your part," General Ellis said. "My hat's off to you. Those kind of results don't come easily, and I know all the hard work that went into that."

In addition to the unit ratings, the IG team identified 66 people as outstanding performers (see chart on page 3) and

four programs as "best practices."

The following best practices will be shared throughout the command and Air Force to improve programs at other bases:

- 12th FTW staff judge advocate client education video that explains common legal assistance topics;
- 12th Civil Engineer Division fire protection flight crowd control program;
- 12th CED housing flight change of occupancy maintenance process; and
- 12th Medical Group profile management and notification process.

12th Flying Training Wing Training Status												
Pilot Instructor Training <div>As of Monday</div>			Navigator, EWO Students				Wing Flying Hour Program					
			562nd FTS		563rd FTS		Aircraft	Required	Flown	Annual		
Squadron	Seniors	Overall	CSO/NFO		CSO		Graduate EWO	T-1A	11637.3	11808.3	12,034	
99th FTS	-7.0	-0.0	USAF	242	OPS	26	International	0	T-6A	16553.6	16940.8	17,290
558th FTS	-0.6	-0.7	Navy	55	Advanced EW	26	EW Course	0	T-37B	8370.1	8569.7	8,694
559th FTS	-1.3	-4.0	International	3	Integration	26	Intro to EW	0	T-38C	9809.7	9788.1	10,029
560th FTS	-2.4	-7.1	Total in Training	300		78		0	T-43	4181.5	4200.1	4,293
Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.			Numbers reflect students currently in training. The 562nd shows source of combat systems officer students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.					The required and flown numbers reflect hours flown between Oct. 1, 2004 to date. The annual numbers are total hours for fiscal year 2005.				

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YOUR
WINGMAN**”

DUI...
**It's a crime
not a mistake**

**Team Randolph's
last DUI was
July 16, 2005**

Commander's Action Line

Call 652-5149 or e-mail
randolph.actionline@randolph.af.mil



While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better. In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. John Hesterman
12th Flying Training Wing commander

Agency Contact Numbers

12th FTW IG	652-2727
12th FTW Legal Office	652-6781
Base Exchange	674-8917
Civil Engineers	652-2401
Civilian Pay	652-6480
Commissary	652-5102
EEO Complaints	652-3749
Equal Opportunity	652-4376
FW&A Hotline	652-3665
Housing Maintenance	652-1856
Military Pay	652-1851
Randolph Clinic	652-2933
Safety Office	652-2224
Security Forces	652-5509
Services	652-5971
Sexual Assault	
Response Coordinator	652-8787
Straight Talk	652-7469
Transportation	652-4314



**Dedicated
June 20, 1930,
Randolph celebrates its
75th Anniversary in 2005**
Graphic by Michelle DeLeon

WINGSPREAD

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Articles may also be sent by e-mail to wingspread@randolph.af.mil or by fax at 652-5412 or base ext. 7-5412.

For more information about submissions, call 652-5760 or base ext. 7-5760.

Surveys affect career field paths, promotions

By Chief Master Sgt. Michael O'Neill
Air Force Occupational Measurement Squadron

Have you ever wondered who came up with the questions on your Promotion Fitness Examination, United States Air Force Supervisory Examination or the Specialty Knowledge Test? Have you ever wondered who decided what would be taught in your Air Force Specialty technical courses or your Career Development Courses?

The answer to each of these questions is YOU! You and the person next to you all have a say in what to teach, study and test for promotion and advancement in your career field and the Air Force.

Every one of the previously mentioned products gets its start from a survey. It may be a job inventory, task difficulty, training emphasis or military knowledge and testing survey, but each one provides statistical data used to develop tests, technical school curriculum and study references.

Sometime during your career you will receive one or several of these surveys and most likely you will complain about receiving too many. If you really care what you should know to do your job or

what to study for promotion, do not just disregard them. These surveys are your chance to directly affect your career field path and your own promotion.

Your career field leaders, assisted by occupational analysts from the Air Force Occupational Measurement Squadron, use the job inventory, task difficulty and training emphasis surveys to determine tasks and areas that should be covered by formal training courses.

In addition, subject matter experts from your career field use the job inventory results when writing the SKT for your career field. If you fail to complete the survey or do not take the time to do it correctly, you are directly affecting the accuracy of the data used by your career field leaders and SMEs.

AFOMS also uses the results of the military knowledge and testing survey to identify potential changes to the PFE and USAFSE study guides.

The study guides are the single source for developing PFE and USAFSE test questions. With help from AFOMS test psychologists, the results of the knowledge and testing survey are also used to determine the topic areas within the study guides to extract questions.



Chief Master Sgt. Michael O'Neill



So, the next time you want to know who was responsible for selecting a question on your promotion test or why they teach a certain task at technical school, look no further than the person you see in the mirror.

This is your opportunity to have a real impact on your Air Force career. Please use it wisely and complete the surveys as accurately as you can. You will reap the rewards.

Raging river pounds ORM 'should haves' into Airmen

By Staff Sgt. Benjamin Rojek
325th Fighter Wing Public Affairs

TYNDALL AIR FORCE BASE, Fla. (AETCNS) – "I'm going down the river no matter what you say!"

Dennis stared at the three of us defiantly. Jill, Mitzi and I stared back in disbelief. I shook my head and stepped forward.

"I'll go with you," I said. I regret those words to this day.

We were four young Airmen camping in the Dolomite Mountains of Italy. The sky was clear, the air was clean and the river sped past us like a tumultuous liquid highway of doom. I sighed and stepped into the little yellow raft with Dennis, and we pushed off. The girls looked at us in disapproval and sat down on the shore.

The river was swift, but smooth for awhile. I even had time to take off my shirt and sandals and shoot some pictures. I almost laughed at how worried I had been earlier, when suddenly, I saw the rapids up ahead.

Water began to fill the raft as we were smashed against rocks and tossed around like Poseidon's playthings. I began to panic as the ice-cold glacier runoff rose up to my chest. I thought my life would flash before my eyes, but instead I only saw how we failed to accomplish any type of operational risk management.

As we inflated the raft, we should have taken heed of the large warning printed on the side: "Do not use in swift currents."

When I asked Dennis where the oars were and he presented two large sticks, I should have said, "What?"

When we tried to survey the river by driving past it on the highway, we should have noted that we lost sight of it for three miles.

Before leaving Jill and Mitzi, we should have

established a way to keep in contact.

And last, but not least, we should have untied the rope from the back of the raft.

I was snapped out of my daze by Dennis yelling for me to use the stick to push to shore. With a lot of effort, fueled by fear, we made it to the rocky slope that was the "shore." I jumped out of the raft and thanked the heavens that I survived. Then the rope caught my foot.

I was under water in a flash. I had time to think, "I'm going to die like in the movies," before I somehow reached down and untangled myself. I jumped back up to shore and dragged Dennis out of the water.

The raft continued on without us, carrying our shoes, shirts and my camera away. Jill and Mitzi were meeting us at the lake where the river ended. I was worried about what they might think if they saw the raft float by empty.

We began to hike the seven miles back to the lake. Sharp rocks covered the roadside, cutting our feet as we trudged along, wet and defeated. Elderly villagers tending to their gardens glanced at us, surveying two young men who apparently learned a few hard lessons.

I did learn a lot that day: Use proper equipment while rafting; don't let your friends talk you into doing something you know isn't right; and "pazzo" is Italian for crazy.

But most importantly, I learned how critical it is to use the five-step operational risk management process: identify the hazards, assess the hazards, make risk decisions, implement controls and supervise. These steps need not only be applied to military missions; they can also help you with such things as planning a vacation or just driving to work.

ORM is an important tool in protecting the Air Force's No. 1 resource: Airmen. And if you don't use it, you could end up just like me on that fateful summer day – all wet or much worse.

Randolph prepares for Hurricane Rita

With landfall expected early Saturday, people should prepare now for high winds and flooding.

By Michael Briggs
12th Flying Training Wing Public Affairs

With the anticipated landfall of Hurricane Rita along the Texas coast early Saturday morning, base officials have enacted plans to prepare the Randolph community for the potential of associated high winds and flooding in the San Antonio area.

The base went into Hurricane Condition IV Wednesday and was expected to count down to HURCON I as the storm continued its path toward predicted landfall near Palacios, Texas, between Galveston and Corpus Christi.

HURCON IV indicates winds of 58 mph or greater could arrive here within 72 hours. HURCONs III through I count down the hours to actual storm arrival.

Weather forecasts based on the current speed and

path of the storm indicate winds will pick up Friday around midnight and that feeder bands on the outside of the storm would bring rain during the overnight hours.

"Right now the forecast shows 58 miles per hour peak winds and heavy rains in excess of two inches for our area during the day Saturday," said 2nd Lt. Mark Sheldon, wing weather officer. "We'll see possible tornadic activity with that."

He said winds would begin to die down Saturday night and into Sunday. Rain could amount to three to six inches in some areas, according to National Weather Service forecasts.

If the forecasts hold true, Lieutenant Sheldon said, "We will have area flooding, without a doubt."

To prepare for the winds, rain and potential flooding, officials in the Full Spectrum Threat Response Branch urge members of the base community to prepare now for all possibilities.

The best thing people can do to prepare their families is to develop a plan for sheltering and dealing with the effects of a natural disaster that brings high winds and rain, according to the Red Cross Web site.

Families should discuss and practice the plan, to include safe places to shelter in the home, what to do with pets and what "grab and go" items to have on

hand in case of evacuation.

Whether families shelter in place or evacuate to a shelter elsewhere, the Red Cross recommends people have a full tank of gas in their vehicles before the severe weather arrives. The organization also recommends people have a few days' worth of clothes, water, food, medicine and toiletries ready, and that they keep important items handy like cash, ATM cards, forms of identification, and insurance policies and other important documents.

"Since heavy rainstorms and wind can knock down power lines, people should make sure they have plenty of nonperishable food, flashlights, a battery-operated radio and spare batteries," said Matthew Generally, FSTR program manager.

Outside the home, people can minimize the potential for property damage by securing their belongings.

"People should make sure to tie down any loose items in their yards such as swing sets or garbage cans," said Matthew Generally, FSTR program manager.

For details on how to develop a personalized readiness plan, visit the Red Cross Web site at www.redcrossplans.org.

For current base readiness information, tune to Channel 21, the Commander's Access Channel.

Saluting sharply



2nd Lt. Grant Hosmer and 1st Lt. Zarine Malesra (foreground), 2005 Randolph Ambassadors, salute military officers during the Texas Cavaliers River Parade while passing by on the parade's military float. Military members or base civilians who want to become Randolph Ambassadors for 2006 should fill out an application available in the 12th Flying Training Wing Public Affairs office in the Taj Mahal. For more information, call 652-4407. (Photo by Javier Garcia)

TxDOT surveys Loop 1604 drivers

To tackle traffic delays on Loop 1604 between Bandera Road in northwest San Antonio and Farm Road 78 near Randolph Air Force Base in northeast San Antonio, the Texas Department of Transportation is considering building dedicated express lanes in between the existing lanes on the highway.

The proposed lanes would be tolled and made available to both autos and trucks.

In order to give the public a chance to weigh in on the proposed expansion of Loop 1604, TxDOT is sponsoring a survey of drivers who use the road.

The survey, being conducted by Resource Systems Group, Inc., takes 5-10 minutes to complete and can be accessed on the Web at www.surveycafe.com/sanantonio/passwordr.asp

Drivers may also see Resource Systems Group representatives at exit ramp intersections along Loop 1604 handing out paper copies of the survey that can be mailed back postage-paid.

IG team names outstanding performers

The following people were named outstanding performers by the Air Education and Training Command inspector general team during the 12th Flying Training Wing operational readiness inspection.

12th FTW Staff
Capt. Charles Warren
Tech. Sgt. Monica Serda
Staff Sgt. Susan Edmonds
Staff Sgt. David Roller

12th Medical Group
Master Sgt. Stacy Stover
Tech. Sgt. Yolanda Batchelor
Senior Airman David Burns

12th Operations Group
Lt. Col. Scott Blum

12th Operations Support Squadron
John Brock
Roy Losano
William Murphy
Simon Rivera
Jon Rousseaux
Sandra Taylor

99th Flying Training Squadron
Maj. Charles Shumaker
Tech Sgt. Jose Luna

558th FTS
Maj. Paul Chapman
Maj. James Tomallo
Maj. Michael Wood

559th FTS
Lt. Col. James Hamm
Maj. Ronald Losensky
Maj. Herbert Brown

560th FTS
Lt. Col. Lawrence Brown
Lt. Col. Steven Perenchio

562nd FTS
Capt. Dan Brooker
Capt. Francisco Rivera
Capt. Ruben Rodriguez

563rd FTS
Capt. Richard Greenman
Capt. David Preisman
Capt. Cade Sonnichsen

12th Maintenance Directorate
Ron Bartel
Gregory Johnson
Dave Long
Charles Noel
Lou Rede
Louis Zavala

12th Mission Support Group

12th Mission Support Squadron
Master Sgt. Todd Remington
Anthony Riffle
Debra Hall
Debra Kilheeny

12th Security Forces Squadron
Staff Sgt. Tyron Williams
Senior Airman Annette Torres
Debra Hunter

12th Communications Squadron
1st Lt. Steven Hajek
Michelle DeLeon
Suzian Perryman
Melissa Valdez
Michael Cantu

12th Logistics Readiness Division
1st Lt. Frederick Doss
Tech. Sgt. Frederick Turner
Glenn Duvall

Lucille Hays

12th Contracting Division
Tech. Sgt. Anthony Smith
Charlie Garcia

12th Civil Engineer Division
Senior Airman Pete Barela
Senior Airman
Christopher Korwes
Airman 1st Class
Richard Espinosa
Daniel Vandergriff
Christine Jackson

12th Services Division
Master Sgt. Anthony Gardner
Corita Caler
Debra Jamrozy
Edward McDaniel
Tony Osborn
Lisa Pellerin
Sharon Rector



Col. John Hesterman (left to right), 12th Flying Training Wing commander, Maj. Gen. Anthony Przybyslawski, Air Force Personnel Center commander, Lt. Gen. Dennis Larsen, Air Education and Training Command vice commander, Gen. William Looney III, AETC commander, Maj. Gen. Edward Ellis, 19th Air Force commander, Brig. Gen. Dutch Remkes, Air Force Recruiting Service commander, and Col. Kenneth Keskel, Air Force Manpower Agency commander, sign their Combined Federal Campaign pledge sheets at the kick-off breakfast held Tuesday in the officers' club. (Photo by Joel Martinez)

Combined Federal Campaign proves helpful in unexpected situations



The following are actual testimonies on how the Combined Federal Campaign can help:

*T*welve years ago, my son, who was 2 1/2 then, was diagnosed with an incurable genetic disorder that effects his respiratory and digestive systems. We didn't know where to turn for support.

After looking for some time, we located a national non-profit organization whose sole goal is to find a cure for this disabling disease, which affects 30,000 children and young adults every year.

Thankfully, through the contributions received from many donors through CFC, the cure is within their reach.

My son has a 12-year longer life span than when he was first diagnosed because of donations given through CFC.

A captain assigned to
Air Education and Training Command

*O*n Dec. 27 1998, shortly after 9 p.m., my daughter went into her first epileptic seizure. The seizure lasted for over an hour and continued even while being whisked away by the ambulance.

We lived in an outlying town of the Denver metropolitan area; it was nearly an hour ride in the ambulance to Children's Hospital in Denver.

I followed in my car after waking my son, who slept through the ambulance's arrival and departure. By the

time I got to the hospital, she had already been through a series of tests. The doctors were concerned about the length of the seizure so they admitted her to the intensive care unit.

It was nearly midnight so my wife and I arranged for my son to stay with a family member; but we were unsure of what to do. Then the nurse in the ICU said they had rooms available for us to remain in over night. My wife and I took shifts keeping vigil over my daughter, while the other was trying to get some needed rest.

At one point, as I was staring in shock at the wall, I noticed a little sign. The sign read that the funding for the room came from the generosity of donors from the Denver Area CFC and the charity Friends of Children's Hospital-Denver.

I always watched the kickoff movies, but never in a million years did I ever dream that I would benefit from the CFC. I've been a faithful donor ever since.

And oh, by the way, my daughter was diagnosed with benign rolandic seizures and the epilepsy support group we joined; you guessed it, the CFC, helped them too.

My daughter spent two days in ICU and a third day in the medical wing of Children's Hospital. The good news for my daughter is her type of epilepsy is one children out grow. She has been seizure free and medication free for over a year now.

A major assigned to AETC

NEWS BRIEFS

Case-lot sale cancelled

The Randolph Commissary case-lot sale scheduled for this weekend is cancelled.

Clinic closed for training

The Randolph medical clinic is closed from noon to 4:30 p.m. Wednesday for training.

Entitlements recertification

Members currently receiving special pay or entitlements, such as Hostile Fire Pay or Foreign Language Proficiency Pay, should review their leave and earnings statements regularly to confirm they are receiving the proper entitlements.

Certain entitlements must be recertified monthly or annually.

If a member needs to recertify the entitlement or believes the special pay has been incorrectly stopped, he or she should contact the military pay facility immediately.

For more information, call 652-1851 or visit <https://finance.randolph.af.mil>.

Scholarship qualifier

Jesse Lind, senior class of 2006 and son of retired Col. Orville Lind and Col. Bonnie Lind, is the Randolph High School semi-finalist for a National Merit Scholarship this year. This means he placed in the top one percent of the 1.3 million students taking the Preliminary Scholastic Assessment Text administered during the 2004-2005 school year. Only about 15,000 students in the nation achieved semi-finalist status this year. Finalists will be announced in April.

Periodontics seeks patients

The Wilford Hall Medical Center Department of Periodontics seeks additional patients with specific needs for treatment in the Periodontics Residency program. Applicants must be a military retiree, a dependent of an active duty member or of a retiree, and have been recently determined by a dentist to have an existing periodontal condition.

For more information, call 292-7273 after noon.

Wings for Life Program

The Randolph Family Services Center encourages people to volunteer to help the Wings for Life Program in the local community.

Wings for Life is a unique mother and baby program for at-risk women in partnership with the Texas Youth Commission located in Marion, just minutes from Randolph.

Volunteers help with mentoring, construction, landscaping and other projects.

For more information, contact the WFL executive director, Lisa Williams, at 830-743-0308.

IDEA Program

The Air Force's IDEA program data system is available 24 hours a day, seven days a week. All military personnel and Department of Defense civilians are eligible and encouraged to participate.

Ideas can be submitted by going to <https://ipds.mont.disa.mil/IPDS>.

For information, call the 12th Mission Support Squadron manpower and organization flight at 652-2590.

Core value posters available

The 12th Flying Training Wing Public Affairs office has a limited supply of reprinted Air Force core value posters. People can pick up the lithographs at the PA office in the Taj Mahal.

Voting: A privilege, duty

By Bob Hieronymus
Wingspread staff writer

"Our Constitution embodies the freedoms we Americans cherish. It sets forth the fundamental principles upon which the laws of our nation are based and is a charter for the representative institutions that protect the rights of every citizen."

These are the words written by President George H. Bush in the preface to a special edition of the Constitution designed for American military members celebrating the bicentennial of its ratification.

Key to the process of representative government is the right and privilege of voting. Nov. 8 is the next opportunity for American citizens to exercise that right, but the record of "off year" elections is not exciting, said Master Sgt. Todd Remington, 12th Mission Support

Squadron unit voting assistance counselor.

A recent study done by the University of Texas showed that, when federal issues and candidates are not on the ballot, as happens in even numbered years, the voter turn out is low. In 1999, only 6.7 percent of eligible voters in Texas turned out to vote on the 17 constitutional amendments on the ballot. In 2001, 5.6 percent of the eligible voters cast ballots, and in 2003, 9.3 percent of the eligibles voted. Texas citizens were affected by a vote of less than 10 percent of the people.

This year there are nine constitutional amendments on the Texas ballot. Details of each amendment are available at www.sos.tx.us/elections/voter/2005novconsamend.shtml.

"Informed voting is more than a privilege," Sergeant Remington said,

"It's also a duty that goes with being a citizen. If anyone eligible to vote isn't registered, this is the time to take care of that detail."

Many military members at Randolph are residents of other states, Sergeant Remington noted, but many are legal residents of Texas and are eligible to vote here. Virtually all of the civilians on base, however, are legal residents of Texas and eligible to vote.

The Randolph post office along with every post office in the state and many state governmental offices have voter registration forms available. The deadline for registering to vote in the Nov. 8 election in Texas is Oct. 11 by the close of business.

For more information or for voting assistance, contact your unit voting assistance counselor or visit www.fvap.gov.

DoD offers post-Katrina civilian, family counseling

The Under Secretary of Defense announced Sept. 15 that free counseling services are available for Department of Defense civilian employees and their families affected by Hurricane Katrina.

Dr. David Chu said the face-to-face sessions provide access to licensed, credentialed professional counselors who can help people through a difficult period in the aftermath of the nation's worst natural disaster.

This service is also offered to military members through Military One Source and the family support center. Individual and group counseling sessions are available and are limited to six sessions per person.

"We know the hurricane has affected members of our DoD community," Dr. Chu said in his memorandum. "Thousands of lives have been touched and changed by this disaster. We want to ensure that our employees have access to resources that can provide support during this stressful time."

Civilian employees in the Randolph community affected by Hurricane Katrina can call Claudia Lauten of the 12th Mission Support Squadron Civilian Personnel Flight at 652-3421 to arrange counseling services or for more information about the program.

10 YEARS AGO

in the Wingspread

- ☆ An AT-11 "Kansan" navigator training aircraft was placed on its pedestal for the first time at the navigator training complex. The 15-month refurbishing project was done by the 12th Maintenance Squadron's fabrication flight.

☆ The Air Force Military Personnel Center completed digitizing 450,000 military records in a year-long effort to transfer microfiche and paper documents to optical discs. A later goal was to communicate all the records over communication lines directly to unit offices.

☆ On Oct. 1 the Air Force Military Personnel Center and the Civilian Personnel Management Center, both
- located here, merged into a single organization, the Air Force Personnel Center.

☆ Randolph honored prisoners of war and those missing in action with a special POW and MIA Recognition Day ceremony at the base chapel. The featured speaker was Claude Arnold, a World War II POW who spent eight months in a German POW camp.

☆ Randolph was the only Air Force installation to win the 1994 Federal Energy and Water Management Award. The award recognized accomplishments in management of electrical energy. Randolph achieved a 25 percent reduction in electricity consumption.

Apple of their eyes

High school teacher ‘ExCELS’ with annual recognition

By Jennifer Valentin
Wingspread staff writer

In its seventh year the ExCEL Program honored one of Randolph's own high school teachers.

Deb Pannabecker, a science teacher who has been teaching here for six years, was recognized during a ceremony Tuesday at the high school.

KENS-5 television anchor Ainsley Earhardt and representatives from the San Antonio Credit Union attended the ceremony to honor the teacher.

Ms. Pannabecker received a Golden Apple trophy and a check for \$1,000. She and her students also appeared on a segment on the nightly news on KENS-5 Thursday.

"I am very excited to win this award," Ms. Pannabecker said. "I feel humbled that my peers and administrators would consider me for such an award."

This is Ms. Pannabecker's eighth year teaching, seven at the high school level and one year at the college level. She taught for one year at Eastern New Mexico University and taught freshman biology at Robert Edgren High School at Misawa Air Base in Japan before coming to Randolph.

"I always knew I wanted to have a career in the field of biology, but never gave a teaching career much

thought," she said. "After I had my children and realized that I enjoyed helping them learn, I decided to pursue a career as a teacher."

Ms. Pannabecker received a Bachelor of Science degree in microbiology from Texas A&M and earned her Master of Science degree in biology along with a teacher certification from Eastern New Mexico University.

Ms. Pannabecker mentors students outside her regular schedule, and is a sponsor of the Interact Club, a community service organization that has programs that benefit the school and local community. The organization has gained 60 new members since she became a sponsor.

She is also in charge of the district's Military Child Education program called "Student to Student," a program led by students providing a forum for new students to feel welcome and accepted in a new school and community.

"Ms. Pannabecker is a well-deserved teacher for the KENS-5 ExCEL award," said Bruce Cannon, Randolph High School principal.

KENS-5 and SACU partner with area school districts annually to recognize outstanding teachers in the greater San Antonio area through the ExCEL program.

According to the KENS-5 Web site, the goal of the



Deb Pannabecker

program is to recognize educators in the area who make a positive impact on the lives of school children.

Prevent spread of germs through education

By Jennifer Valentin
Wingspread staff writer

With flu season approaching, now is a good time to educate children about the importance of keeping germs at bay.

Germs are small living things that can be caught through the air or through contact and cause disease, according to the Kids Health Web site. Germs are so tiny that they can come into a child's body without being noticed, until the child starts to experience symptoms.

"Since our children are around so many other children on a daily basis, we have to make sure they're kept safe from germs," said Femi O'Grady, child development center annex director.

Children should wash their hands frequently throughout the day, especially after they eat, use the bathroom, play outside, wipe their nose or touch their mouth, Ms. O'Grady suggested.

"Washing their hands is the best thing children can

do to prevent spreading germs, especially when they are sick," Ms. O'Grady said. "This may not completely prevent other children they come in contact with from getting sick, but it can definitely help."

Even though using a tissue is a great way to prevent germs from spreading, they should be sure to throw the tissue in the trash and wash their hands thoroughly afterward, according to Kids Health.

Children should be taught the proper way to wash their hands, she added. They should use warm water and soap and scrub their hands together to thoroughly get them clean. A paper towel should be used to dry their hands and to also turn the faucet off.

Antibacterial lotion and wipes are the best alternative when soap and water are not readily available," Ms. O'Grady said.

"If we can teach our children, whether at school, home or daycare, to take better care of themselves at a young age, they will develop good habits as they grow," Ms. O'Grady said.

For more information visit www.kidshealth.org.



A child washes her hands at the child development center. (Photo by Jennifer Valentin)

Ro-Hawks bottle Shiner, 34-20

By Jackie Harry
Wingspread contributor

The Randolph Ro-Hawks amassed 500 yards of total offense and played opportunistic defense to beat the defending Division 1A state champion Shiner High School Comanches 34-20 here Sept. 16.

The win improved the Ro-Hawks' record to 3-1 and avenged a loss last year to the perennial small-school powerhouse from Shiner, which dropped to 2-2.

Zach Collins led the offensive charge with four touchdowns and an incredible 334 yards on only 18 carries.

He left defenders behind on a 54-yard run to put Randolph on the board after the Ro-Hawks fell behind by a touchdown in the first quarter. Following another Shiner score, Collins answered with his second touchdown of the game, this one a 51-yard jaunt, early in the second quarter to knot the score at 13-13.

Late in the quarter, Shiner was on the threshold of a one-touchdown lead at the half when the Ro-Hawks goal-line defense forced a Shiner fumble on the one-yard line. Defensive lineman Jordan Pritchett followed a quarterback sack earlier in the quarter by pouncing on the loose ball and giving

possession back to Randolph.

That set up a Collins run of 90 yards to pay dirt a few plays later to swing the momentum in Randolph's favor 20-13 at the half.

The score remained that way until late in the third quarter when Shiner running back Dustin Mayberry ran one in from 45 yards out to tie the game at 20-20 with 3:08 left.

That lead was short lived, though, as the Ro-Hawks added two scores of their own in a 23-second span to ice the game.

Randolph quarterback Elliot Ortiz connected with Jake Owen on a 45-yard touchdown strike with 2:29 left in the third to put the Ro-Hawks back in front 27-20. After the ensuing kickoff, Randolph's Lance Copeland recovered a fumble on the Comanches 28-yard line to set up Collins' fourth score of the game, a 26-yard run with 2:06 left in the third quarter, to cap the scoring at 34-20.

Ortiz ended the game 3 of 6 for 80 yards of passing offense.

Linebacker Kyle Kuhl was the defensive leader with 17 tackles, followed by defensive back Justin Harry and defensive tackle Michael Martin with 13 tackles apiece.

Coach Pete Wesp and his staff take the Ro-Hawks on the road Friday to play Lytle High School.



Randolph running back Zach Collins looks for room downfield during the Ro-Hawks 34-20 win over Shiner Sept. 16. (Photo by Steve White)

Crunch time! *Portion of fitness test measures abdominal strength*

This article is the third in a series providing information about preparation for the Air Force fitness test.

By Jennifer Valentin
Wingspread staff writer

Crunches account for 10 percent of the Air Force fitness test and can be a challenge for many people.

The fitness center and the health and wellness center offer advice for improving a crunch score.

According to Air Force Instruction 10-248, the crunch is used to assess the member's abdominal muscular fitness.

"During the PT test, the members will have one minute to complete as many crunches as they can," said Patrick Fay, fitness programs manager.

People who are having trouble performing crunches can try different things to help improve their technique.

"Classes such as yoga and pilates can help work the areas you will be using the most during the test," said Kim Houk, HAWC exercise physiologist.

People who have trouble performing proper crunches can try abdominal exercises and simply practice the crunches, she added.

"Practicing crunches is the best way to learn how to do them correctly," Mr. Fay said. "Challenging your body and making your muscles tired is the best way to try."

Starting with a few crunches at first, then progressing to do more during each practice time is a



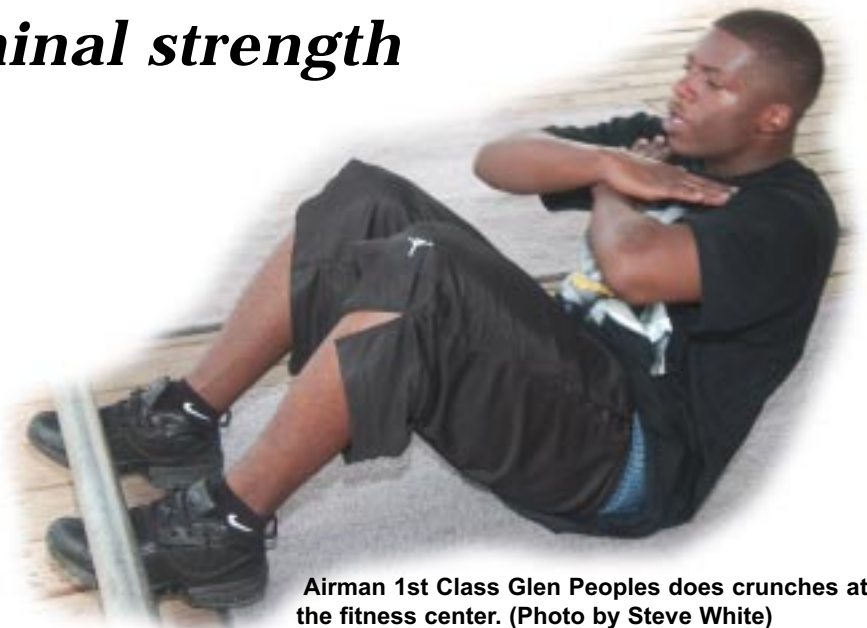
good way to get the hang of it, Mr. Fay said.

When performing a crunch, the use of a mat is optional, according to AFI 10-248. The feet may partially extend off of the mat, but the buttocks, shoulders and head must remain on the mat or floor area.

The member's knees should be bent at a 90-degree angle with the feet and heels remaining in contact with the floor at all times. The heels and buttocks must remain on the floor or mat during the entire testing period. The member's arms should be crossed over the chest with the hands at the shoulders or resting on the upper chest area.

The member's heels must remain anchored to the floor during the entire assessment. The member can request to have their feet held down with the monitor's hands or knees, but the monitor cannot hold the member's calves.

Enough force must be applied to keep the feet and



Airman 1st Class Glen Peoples does crunches at the fitness center. (Photo by Steve White)

ankles from rising while the crunches are being done, according to the AFI. An anchored toe bar can be used instead of a monitor holding the member's feet, as long as the member's heels remains in contact with the ground at all times. The bar cannot move.

A complete crunch is done when the upper torso of the member is raised off the floor or mat, the elbows touch the knees or the thighs, and the upper torso is lowered back to the floor or mat until the shoulder blades touch the floor or mat. The hands must stay in contact with the shoulders or upper chest at all times. The member can only rest in the up position, according to the AFI.

For more fitness tips, call the HAWC at 652-2300.

Carbon monoxide: The silent killer

By Daniel Vandergriff
Randolph Fire and Emergency Service Flight

Vehicle exhaust made carbon monoxide famous, however, many people assume it only comes from vehicles.

Carbon monoxide comes from many different sources, such as wood, coal, natural gas, gasoline, diesel fuel and propane. It is a by-product of incomplete combustion and anytime fire is starved for oxygen, carbon monoxide is present.

The danger associated with this gas is suffocation. Carbon monoxide attaches to the hemoglobin in a person's bloodstream and is transported to the brain in place of oxygen.

Although everyone should consider carbon monoxide a very real threat, those at the highest risk for carbon monoxide poisoning are young children and the elderly.

Tips for protecting your family from carbon monoxide include:

- Purchase a carbon monoxide detector for the home. They can be found in or near the smoke detector section of most department stores.
- Mount the carbon monoxide detector in a central location outside each sleeping area.
- Test the carbon monoxide detector monthly.
- If equipped, replace the detector battery annually or as needed.
- Leave the home if your detector activates; never assume it is a false activation. Carbon monoxide is colorless, odorless and otherwise undetectable without specialized monitoring equipment.
- Contact the local fire department for assistance with alarm activations.

Ways to prevent carbon monoxide poisoning:

- Pull vehicles outside the garage while warming them up in the morning. Simply leaving the garage door open will not remove carbon monoxide vapors.

- Have fuel-burning household heating equipment professionally inspected annually.
- When using a fireplace, ensure the flue is fully opened.
- Never heat the home with a gas oven.
- Use barbeque grills outside, at least 10 feet from the house.
- If residing off base and purchasing new heating or cooking equipment, ensure it is listed by a recognized independent testing agency.
- When camping, use battery powered lights and heaters.

Placing a carbon monoxide detector in the home is the first step to preventing accidental carbon monoxide poisoning. Once a home detector is installed, residents must pay attention to it. If the detector activates, leave the home quickly and call the fire department from a neighbor's house.

For more information, call the Randolph Fire and Emergency Service Flight at 652-7657.

Oct. 7 Wing Sports Day schedule

Members of the 12th Flying Training Wing who want to participate in sports day activities should contact their unit sports day representative or Capt. Sarah Cantrell at 652-6962.

EVENT	TIME	LOCATION	TEAM/UNIT
5K Fun Run	0800	East Flight Line	Max. 4 competing males and females
Tennis (singles)	0800	Location A/Yankee Field	Max. 2 male and 2 female
Golf	0800	Golf Course	Max. 2 teams of 4 players
Bowling	0800	Bowling Center	Max. 3 teams of 5 bowlers
Horseshoes	0900	Location A/Yankee Field	Max. 2 teams
Softball	0900	Location A/Yankee Field	Max. 1 team
Skeet	0900	Skeet Range	Max. 2 teams
Volleyball	0900	Hangar 71	Max. 2 teams
Racquetball (singles)	1000	Hangar 71	Max. 2 male and 2 female
Table Tennis (doubles)	1000	Hangar 71	Max. 2 teams
LUNCH	1100-1300	Location A/Yankee Field	EVERYONE WELCOME
Tennis (doubles)	1300	Location A/Yankee Field	Max. 2 teams
Hotshots	1300	Hangar 71	Max. 2 teams
Commander's Challenge	1330	Location A/Yankee Field	Max. 1 team
Push-ups	1400	Hangar 71	Max. 1 team of 3 people
Dodge Ball Tournament	1400	Hangar 70	Max. 2 teams
Sit-up Competition	1430	Hangar 70	Max. 1 team of 3 people
Tug-O-War	1500	Location A/Yankee Field	Max. 1 team

SPORTS BRIEFS

Massage therapy discounts

One of the massage therapists at the fitness center, Tony Gonzales, offers massages at a discounted price through Oct. 30.

A one-hour massage is \$45 and a 30-minute massage is \$25.

For more information, call 652-4311.

Coaches needed

The fitness center seeks qualified coaches for the 2006 Varsity Men's and Women's basketball team. The season runs through March. Teams will play in local league tournaments and throughout the state. Interested parties will need to fill out an Air Force Form 303 and submit it to the fitness center.

For details, call Rikk Prado at 652-2955.

Fun run and walk

A fun run and walk celebrating Oktoberfest takes place Oct. 1 at 9 a.m. at Eberle Park. Besides a 5-kilometer fun run and walk, there will be half court basketball, sand volleyball, bratwursts and music. The event is sponsored by Gatorade, Aquafina and Propel.

Well-oiled machine



Master Sgt. Paul Baldonado, Air Force Services Agency, works on his car at the auto skills center. The Randolph Auto Skills Center offers a variety of services, including air conditioning service, wheel alignments, battery checks, work stall rentals, wheel balances, tire changes and much more. For more information and prices, call 652-2952. (Photo by Dave Terry)